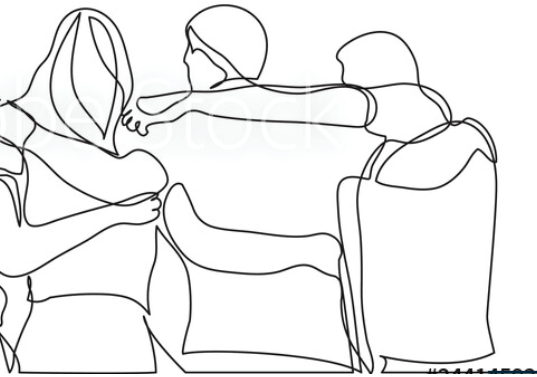


of patients prescribed  
misuse them



 Mississippi County  
Health Department

 Mississippi County  
Health Department

An estimated **29%\***  
opioids for chronic pain



**Recognize the signs of an  
opioid overdose:**


- ✓ Small, constricted "pinpoint pupils"
- ✓ Falling asleep or loss of consciousness
- ✓ Slow, shallow breathing
- ✓ Choking or gurgling sounds
- ✓ Limp body
- ✓ Pale, blue, or cold skin


**What to do if you think someone may be  
overdosing:**

1. Call 911 immediately
2. Administer Narcan®, if available\*
3. Try to keep the person awake and breathing
4. Lay the person on their side to prevent choking
5. Stay with him or her until emergency workers arrive

**Overdose Reversal:** Narcan® (Naloxone) nasal spray may be obtained from any pharmacy, no order needed. Cost may be covered by insurance or cash pay with a discount card.

\*source: <https://www.drugabuse.gov/drugs-abuse/opioids/opioid-overdose-crisis>

 1200 E Marshall  
Charleston, MO 63834

 573-683-2191

 [Misscohealth.com](http://Misscohealth.com)

 [/mississippicounty.healthdepartment](https://www.facebook.com/mississippicounty.healthdepartment)

**130**

Americans die every day  
from an opioid overdose.

*Which is why we provide a substance abuse  
resource guide on counseling services,  
treatment centers and overdose emergency  
information.*

*Recovery is possible.*

573-683-2191 • [misscohealth.com](http://misscohealth.com)

**Opioid Abuse Risk Factors**

Anyone can struggle with opioid abuse and addiction. Some risk factors increase the likelihood of developing substance abuse or misuse challenges, including:



**Overlapping prescriptions  
from multiple providers and  
pharmacies**



**Taking high daily dosage  
of prescription opioid pain  
relievers**



**Family history of alcohol/  
substance abuse**



**History of severe depression  
or anxiety**

The road to prevention and recovery starts here.

# RESOURCE GUIDE



## Treatment Centers

### ► GIBSON RECOVERY CENTER

**Serving:** Residents from throughout Missouri and beyond

#### PROVIDING:

- ✓ Residential treatment
- ✓ Counseling services
- ✓ Outpatient care
- ✓ Detox programs
- ✓ SATOP education and treatment
- ✓ Transitional housing for women

#### LOCATIONS:

Charleston ..... 573-683-7842  
801 E. Marshall St.

Sikeston ..... 573-472-2253  
137 E. Front St.

Cape Girardeau ..... 573-334-5513  
1112 Linden St.

### ► MISSION MISSOURI

**Serving:** Residents of Sikeston area

#### PROVIDING:

- ✓ Sober-living housing after detox and treatment
- ✓ Outpatient program
- ✓ Inpatient program (women only)

#### LOCATIONS:

Sikeston ..... 573-481-0505  
509 Ruth St.

### ► TEEN CHALLENGE MIDAMERICA

**Serving:** Men ages 17 and above

#### PROVIDING:

- ✓ Long-term, residential faith-based care
- ✓ Support for drug, alcohol and other addictions
- ✓ Work projects and education services

#### LOCATIONS:

Cape Girardeau ..... 573-335-6508  
303 Matc Ln.

### ► NEW VISION YOUTH & FAMILY SERVICES

**Serving:** Patients 18 years and older with locations in Sikeston and Cape Girardeau

#### PROVIDING:

- ✓ Substance abuse counseling
- ✓ First-step medical detox program
- ✓ Resources for follow-up treatment
- ✓ Court-ordered treatment services
- ✓ Crisis intervention

#### LOCATIONS:

Sikeston ..... 573-481-0888  
404 E. Center St.

Cape Girardeau ..... 573-334-3486  
2751 Thomas Dr. #102

## Local Support Groups

### ► CELEBRATE RECOVERY

**Offered at:**

**The Church of the Rescued and Redeemed**

573-335-3381  
1301 N. Main  
Cape Girardeau, MO 63701  
Wednesdays at 6:15 p.m.

### St. Andrew Lutheran Church

573-450-3231  
804 N. Cape Rock Drive  
Cape Girardeau, MO 63701  
Sundays at 6:00 p.m.

### Lynwood Baptist Church

573-334-4600  
2935 Lynwood Hills Dr.  
Cape Girardeau, MO 63701  
Tuesdays at 6:00 p.m.

### Full Gospel Church

514 N. Garfield  
East Prairie, MO 63845  
Mondays from 6:00-8:00 p.m.

### Miner Baptist Church

416 State Hwy H  
Sikeston, MO 63801  
Tuesdays from 6:00-8:00 p.m.

### United Methodist Church

1700 E. Marshall  
Charleston, MO 63834  
Thursdays from 6:00-8:00 p.m.

### Christian United Brotherhood

402 3rd St.  
Wyatt, MO 63882  
Fridays at 7:00 p.m.

## Counseling Services

### ► BOOTHEEL COUNSELING SERVICES

**Serving:** Scott, New Madrid, Mississippi and Stoddard counties

#### PROVIDING:

- ✓ Out-patient counseling available in individual, family, couples and group sessions
- ✓ Crisis services including 24-hour hotline
- ✓ Psychiatric evaluations and on-going treatment
- ✓ Interpersonal and independent living skills training
- ✓ Vocationally oriented day treatment
- ✓ One-on-one targeted case management
- ✓ Professionally trained family homes (TFH) to provide youth care, oversight, guidance, structure, behavior management, medication compliance and advocacy

#### LOCATIONS:

**Sikeston** ..... 573-471-0800  
760 Plantation Blvd.

**Charleston** ..... 573-427-3920  
801 E. Marshall

**24-Hour Crisis Hotline** ..... 1-800-356-5395

### ► FAMILY COUNSELING CENTER

**Serving:** Southern Missouri, including in-patient services for women in Cape Girardeau, out-patient services in Charleston, crisis services in Dunklin, Pemiscot, Butler, Carter, Wayne, Reynolds and Ripley counties and behavioral health clinics in Kennett, Caruthersville and Poplar Bluff

#### PROVIDING:

- ✓ Screenings, assessments and evaluations
- ✓ Individual and group therapy
- ✓ Psychiatry and psychosocial rehabilitation
- ✓ Medication management
- ✓ Individually tailored care, ranging from residential, day treatment and intensive outpatient
- ✓ Crisis intervention
- ✓ Treatment for all ages

#### SUBSTANCE USE DISORDER LOCATIONS:

**Charleston** ..... 573-427-3920  
305 S. Cooper St.

**Cape Girardeau** ..... 573-651-4177  
20 S. Sprigg St.

### ► SEMO BEHAVIORAL HEALTH

**Serving:** Southern Missouri with locations in Butler, Carter, Crawford, Dent, Iron, Phelps, Pulaski, Ripley, Ste. Genevieve, St. Francois, Stoddard, Texas, Washington and Wayne counties

#### PROVIDING:

- ✓ Medication-assisted treatment
- ✓ Psychiatric evaluations
- ✓ Medication management
- ✓ Co-occurring counseling
- ✓ Individual and family therapy for all ages
- ✓ Trauma therapy
- ✓ Group counseling
- ✓ Crisis intervention

#### LOCATIONS:

**Dexter** ..... 573-624-6937  
916 Smith Ave.

**Mental Health Crisis Line** ..... 1-800-356-5395

### ► PERRY COUNTY COMMUNITY TASK FORCE SAS & SAAS PROGRAMS

**Serving:** 12-15 year-olds and 16-21-year-olds in Perry County

#### PROVIDING

- ✓ Youth and young adult programs
- ✓ Substance abuse support group
- ✓ Mental health counseling

#### LOCATIONS:

**Perryville** ..... 573-547-1292  
21 S Main St.

